



**NIAGARA  
PARKS**

## Golf Strength & Power Training Session

**Time:** 55 minutes

**Level:** Intermediate

**Equipment needed:** Driver or Wood

Bands (and a door frame) or Weights or laundry detergent bottles  
(one full and one half full)

Two textbooks/recipe books/novels or weight plates of  
equal height.

Wall (optional)

### WARM UP

Cat/Camel Spine Segmentation	1 x 5
Single Leg Adductor Rock Back with Rotation	1 x 5 ea
Bird Dog	1 x 10 ea
Glute Bridge March	1 x 10 ea
Lateral Lunge with Rotation	1 x 3 ea

### STRENGTH & POWER

A1. Squat	3 x 8
A2. Speed Squat	3 x 5
Active Rest: Half Kneeling Thoracic Spine Pull-Apart Against Wall	3 x 5ea
B1. Wide Stance Horizontal Chop	3 x 8 ea
B2. Explosive Horizontal Chop	3 x 5 ea
Active Rest: Hip Flow #1	3 x 5 ea
C1. Half Kneeling Chop	3 x 8 ea
C2. Explove Half Kneeling Chop	3 x 5 ea
Active Rest: Golf Stance Backswing Rotation and Reach	3 x 5ea

All exercises can be found on [Nathane Jackson Fitness YouTube channel](#).